

Contact the Lessons Coordinator if uncertain of any skills listed below.

Can your swimmer submerge their entire head for 5 seconds or more?

Does swimmer have anxiety in water?

Can swimmer float on their back with ears submerged & belly button up for 10 seconds or more?

Can swimmer perform freestyle, backstroke & breaststroke in a coordinated fashion?

Can your child swim two full pool lengths unassisted without stopping?

Can swimmer perform ALL four competitive strokes (i.e. freestyle, backstroke, breaststroke, butterfly)?

2

Focuses on beginning swim skills with head in the water

2

Level focuses on beginning swim skills (i.e. perfecting front/back body position & beginning to swim unassisted)

Focuses on becoming more coordinated & rhythmic in strokes

Focuses on perfecting/ learning ALL strokes while building strength & endurance

1

Focuses on four main competitive strokes, while teaching stroke specifics (i.e. starts/turns/swim team skills)